What is claimed is:

1. A method for operating a subscriber unit to regulate transmission power comprising:

transmitting a periodic signal at an initial predetermined power level;

repeatedly transmitting the periodic signal, each transmission occurring at successively higher power levels;

receiving a confirmation signal at a specific power level which is based, in part, upon said periodic signal;

terminating transmission of the periodic signal and maintaining a power level present at a time that the confirmation signal is received at said subscriber unit.

- 2. The method of claim 1 wherein said initial predetermined power level is lower than a power level required for detection by another communicating station.
- 3. The method of claim 1 further including transmitting an access signal at the maintained power level.
- 4. The method claim 3 wherein said access signal comprises an access code and said periodic signal comprises a short code which is shorter than said access code.

- 5. The method of claim 4 wherein said short code has a period of one symbol.
- 6. The method of claim 1 wherein said periodic signal comprises a short code, and said subscriber unit periodically modifies the short code.
- 7. A method for operating a subscriber unit for regulating transmission power comprising:

transmitting a periodic signal at an initial predetermined power level; repeatedly retransmitting said periodic signal, each retransmission occurring

at successively high power levels;

maintaining a power level present upon receipt of a confirmation signal; and employing said maintained power level upon initiation of a subsequent operation.

8. The method of claim 7 wherein said initial predetermined power level is lower than a power level required for detection by another communicating station.

- 9. The method of claim 7 wherein said subsequent operation includes transmitting an access signal.
- 10. The method of claim 7 wherein said access signal comprises an access code and said periodic signal comprises a short code, which is shorter than said access code.
- 11. The method of claim 10 wherein said short code is an integer multiple of said access code.
 - 12. The method of claim 11 wherein said short code is modified periodically.
 - 13. The method of claim 10 wherein said short code has a period of one symbol.